Iechyd Cyhoeddus Cymru
Public Health Wales

# Public Health Wales statement on Novel Coronavirus (COVID-19) outbreak

**This statement will be updated daily at 2pm**

*Updated: Saturday 5 September 2020*

Dr Christopher Williams, Incident Director for the Novel Coronavirus (COVID-19) outbreak response at Public Health Wales, said:

"We are now seeing a steady increase in cases and our investigations show that many of these have been transmitted due to a lack of social distancing.

"This has resulted in the spread of the virus to other groups of people.

"We continue to appeal to everyone to please remember that, even if you feel that you would not be badly affected by COVID-19 if you were to test positive, should you pass it on to older or more vulnerable family members, friends or colleagues it could be extremely serious and even fatal.

"Coronavirus has not gone away.  It remains the responsibility of everyone to help prevent the spread of this virus Ã¢â‚¬" that is, by self-isolating when asked to do so, staying two metres away from others, and by washing hands regularly.

"I also want to remind the public that if you have recently travelled outside the UK there may be restrictions on your return Ã¢â‚¬" these restrictions may be different in Wales than in other parts of the UK, and now include Portugal and some Greek Islands.  Advice on travelling abroad, including the latest information on quarantine requirements on returning home, can be found on the Welsh Government and FCO websites.

"Anyone returning to Wales from countries which have been identified as high risk must quarantine in accordance with the Foreign and Commonwealth Office regulations even if they are not experiencing any COVID-19 symptoms or have had a negative test result.

"Anyone with suspected symptoms of COVID-19 infection - a high temperature, a new, continuous cough, or a loss of smell or taste (anosmia) - must self-isolate and seek an urgent test.

"Getting a coronavirus test is free and simple to do, either by visiting  www.gov.uk/get-coronavirus-test or by calling the free number 119.

"Confirmed cases must isolate for 10 days, with members of their household isolating for 14 days until the risk of passing on further infection has gone. Combined, these simple but effective actions will ensure the virus does not spread.

**Updates on current incidents**

"There has been a significant rise in positive coronavirus cases in Caerphilly in the past week, and our investigations indicate that a lack of social distancing by a small group of people of all age groups, in a range of different locations has resulted in the spread of the virus to other parts of the population.

“It appears that as lockdown restrictions have eased, people have taken advantage of the greater possibilities for activities, but they seem to have forgotten the importance of social distancing Ã¢â‚¬“ resulting in possible transmission in the wider community.

“It is clear that the virus spreads more easily in indoor settings, and people should take extra care to socially distance in these cases to keep themselves and their friends and families as safe as possible.

“We are aware of a small number of COVID-19 cases in Porth and Penygraig in Rhondda Cynon Taff. Where clusters of cases are identified, Public Health Wales, Rhondda Cynon Taff County Borough Council and Cwm Taf Morgannwg University Health Board work with local partners to implement our planned response.

“Test Trace Protect teams are working with those affected and contacting those people who have been in contact with a person who has tested positive. A proportion of the positive cases in this incident are from the young adult age group and disappointingly, some have been reluctant to share details of where they have been and who they have been in contact with.

“By not giving the Test Trace Protect teams accurate information, these people are placing their own family members and friends at risk. We are urging them to think about other members of their communities, put simply, they are risking other people's health and other people's lives, especially if they are symptomatic, not staying at home and mixing in the local community.

“As we move through the recovery phase of the Coronavirus pandemic, we expect to see clusters in different settings, as with the incidents described above. We manage any clusters of Coronavirus appropriately, including by providing advice around infection prevention and control, and by supporting contact tracing where required.

“We remind the public and business owners that Coronavirus is still circulating in the community.

**Contact tracing and general information**

“Contact tracing continues as part of the Welsh Government’s Test, Trace, Protect strategy. Anyone who has a positive Coronavirus test will be contacted by a team of contact tracers, and asked for details of everyone they have had close contact with while they have had symptoms.

“Please keep a note of your activities so you can easily remember your whereabouts on a given day, along with who you were in contact with.

“If you are asked to self-isolate, you should do so to prevent further spread of the virus.

“Tracers are trained staff and personal information that you provide will handled in line with data protection regulations and will not be shared widely.

“Information about the symptoms of Coronavirus is available on the Public Health Wales website, or via the NHS 111 Wales symptom checker.

“Anyone experiencing Coronavirus symptoms can apply for a home testing kit by visiting www.gov.wales/coronavirus, or by calling the national 119 phone service.

“Anyone with suspected coronavirus should not go to a GP surgery, pharmacy or hospital. They should only contact NHS 111 if they feel they cannot cope with their symptoms at home, their condition gets worse, or their symptoms do not get better after seven days.

“Only call 999 if you are experiencing a life-threatening emergency, do not call 999 just because you are

on hold to 111. We appreciate that 111 lines are busy, but you will get through after a wait.

"Public Health Wales' user-friendly data dashboard takes information from a range of different sources. The total number of positive cases now includes those reported from non-NHS Wales laboratories, which are subject to ongoing de-duplication, refinement and reconciliation. This may result in fluctuation of the total positive cases as this process takes place."

*Diweddarwyd: Dydd Sadwrn 5 Medi 2020*

Dywedodd Dr Christopher Williams, Cyfarwyddwr Digwyddiad ar gyfer yr ymateb i'r achos o'r Coronafeirws Newydd (COVID-19) yn Iechyd Cyhoeddus Cymru:

"Rydym bellach yn gweld cynnydd cyson mewn achosion ac mae ein hymchwiliadau'n dangos bod llawer o'r rhain wedi cael eu trosglwyddo oherwydd diffyg cadw pellter cymdeithasol.

"Mae hyn wedi arwain at ledaenu'r feirws i grwpiau eraill o bobl.

"Rwy'n ailadrodd fy apÃªl uniongyrchol i bawb gofio, hyd yn oed os ydych yn meddwl na fyddai COVID-19 yn effeithio'n wael arnoch pe baech yn profi'n bositif am y feirws, pe byddech yn ei drosglwyddo i aelodau hÅ·n neu fwy agored i niwed o deulu, ffrindiau neu gydweithwyr, gallai fod yn hynod o ddifrifol a hyd yn oed yn angheuol.

"Nid yw Coronafeirws wedi diflannu.  Cyfrifoldeb pawb o hyd yw helpu i atal y feirws hwn rhag lledaenu. Hynny yw, trwy hunanynysu pan ofynnir i unigolion wneud hynny, aros dau fetr i ffwrdd oddi wrth eraill a thrwy olchi'ch dwylo yn rheolaidd.

"Yn ogystal, hoffwn atgoffa'r cyhoedd os ydych chi wedi teithio y tu allan i'r DU yn ddiweddar, gallai fod cyfyngiadau wrth i chi ddychwelyd â€" gallai'r cyfyngiadau hyn fod yn wahanol yng Nghymru o'u cymharu Ã¢ rhannau eraill o'r DU, ac maent bellach yn cynnwys Portiwgal a rhai Ynysoedd Groeg.  "Gellir dod o hyd i gyngor ar deithio dramor, gan gynnwys yr wybodaeth ddiweddaraf am y gofynion cwarantin wrth ddychwelyd adref, ar wefan Llywodraeth Cymruac ar wefan y Swyddfa Dramor a Chymanwlad.

"Rhaid i unrhyw un sy'n dychwelyd i Gymru o wledydd y nodwyd eu bod yn risg uchel osod ei hun dan gwarantin yn unol Ã¢ rheoliadau'r Swyddfa Dramor a Chymanwlad hyd yn oed os nad oes ganddo unrhyw symptomau COVID-19 neu os yw wedi cael prawf negyddol.

"Rhaid i unrhyw un yr amheuir bod ganddynt symptomau COVID-19, sef tymheredd uchel, peswch newydd a pharhaus neu golli synnwyr blasu neu arogli (anosmia), hunanynysu a chael prawf ar unwaith.

"Mae mynd ati i gael prawf Coronafeirws yn rhad ac am ddim ac yn syml, a gellir gwneud hyn naill ai trwy ymweld Ã¢ www.gov.uk/get-coronavirus-test neu trwy ffonio'r rhif rhad ac am ddim 119.

"Rhaid i achosion a gadarnhawyd ynysu am 10 diwrnod, a rhaid i aelodau o'u cartrefi ynysu am 14 diwrnod hyd nes bod y perygl o drosglwyddo'r haint ymhellach wedi mynd. Gyda'i gilydd, bydd y camau syml ond effeithiol hyn yn sicrhau nad yw'r feirws yn lledaenu.

**Diweddariadau ar ddigwyddiadau cyfredol**

"Bu cynnydd sylweddol yn nifer yr achosion positif yng Nghaerffili yn ystod yr wythnos diwethaf, ac mae ein hymchwiliadau yn dangos bod diffyg cadw pellter cymdeithasol gan grÅµp bach o bobl o bob grÅµp oedran, mewn ystod o wahanol leoliadau wedi arwain at ledaenu'r feirws i rannau eraill o'r boblogaeth.

"Wrth i gyfyngiadau symud lacio, ymddengys fod pobl wedi cymryd mantais o'r posibiliadau mwy i ymgymryd Ã¢ gweithgareddau, ond mae'n debyg eu bod wedi anghofio pwysigrwydd cadw pellter cymdeithasol, gan arwain at drosglwyddiad posibl yn y gymuned ehangach.

“Mae’n glir bod y feirws yn lledaenu’n haws mewn lleoliadau dan do, a dylai pobl fod yn hynod o ofalus wrth gadw pellter cymdeithasol yn yr achosion hyn er mwyn cadw eu hunain a’u teulu a’u ffrindiau mor ddiogel Ã¢ phosibl.

“Rydym yn ymwybodol o nifer fach o achosion o COVID-19 ym Mhorth a Phenygraig yn Rhondda Cynon Taf. Lle mae clystyrau o achosion yn cael eu nodi, mae Iechyd Cyhoeddus Cymru, Cyngor Bwrdeistref Sirol Rhondda Cynon Taf a Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg yn gweithio gyda phartneriaid lleol i weithredu ein hymateb wedi’i gynllunio.

“Mae timau Profi Olrhain Diogelu yn gweithio gyda’r rhai yr effeithiwyd arnynt ac yn cysylltu Ã¢’r bobl hynny sydd wedi bod mewn cysylltiad ag unigolyn sydd wedi cael prawf positif. Mae cyfran o’r achosion positif yn y digwyddiad hwn o’r grÅµp oedran oedolion ifanc ac, er mawr siom, mae rhai wedi bod yn gyndyn o rannu manylion o ble maen nhw wedi bod ac Ã¢ phwy maen nhw wedi bod mewn cysylltiad.

“Trwy beidio Ã¢ rhoi gwybodaeth fanwl i’r timau Profi Olrhain Diogelu, mae’r bobl hyn yn rhoi eu teuluoedd a’u ffrindiau eu hunain mewn perygl. Rydym yn eu hannog i feddwl am aelodau eraill o’u cymunedau â€“ yn syml, maen nhw’n rhoi iechyd a bywydau pobl eraill mewn perygl, yn enwedig os ydyn nhw’n dangos symptomau, os nad ydyn nhw’n aros gartref ac os ydyn nhw’n cymysgu yn y gymuned leol.
“Wrth i ni symud at gyfnod adfer pandemig y Coronafeirws, byddwn yn disgwyl gweld clystyrau mewn gwahanol leoliadau, fel gyda’r digwyddiadau a ddisgrifir uchod. Rydym yn rheoli unrhyw glystyrau o Coronafeirws yn briodol, trwy roi cyngor ar atal a rheoli heintiau a thrwy gefnogi olrhain cysylltiadau pan fo angen.

“Rydym yn atgoffa’r cyhoedd a pherchnogion busnes bod Coronafeirws yn mynd ar led yn y gymuned o hyd.

**Olrhain cysylltiadau a gwybodaeth gyffredinol**

“Mae olrhain cysylltiadau yn parhau fel rhan o strategaeth Profi, Olrhain, Diogelu Llywodraeth Cymru. Bydd tÃ®m o swyddogion olrhain cysylltiadau yn cysylltu ag unrhyw un sydd wedi cael prawf positif am Coronafeirws, a gofynnir am fanylion pawb y mae wedi bod mewn cysylltiad agos Ã¢ nhw tra bod ganddo symptomau.

“Cadwch nodyn o'ch gweithgareddau er mwyn i chi allu cofio’n hawdd ble oeddech chi ar ddiwrnod penodol, ynghyd Ã¢ gyda phwy yr oeddech mewn cysylltiad Ã¢ nhw.

“Os gofynnir i chi hunanynysu, dylech wneud hyn er mwyn atal y feirws rhag lledaenu ymhellach.

“Mae olrheinwyr yn staff hyfforddedig a bydd yr wybodaeth bersonol rydych chi'n ei darparu yn cael ei thrin yn unol Ã¢ rheoliadau diogelu data ac ni fydd yn cael ei rhannu'n eang.

“Mae gwybodaeth am symptomau Coronafeirws ar gael ar wefan Iechyd Cyhoeddus Cymru, neu drwy holiadur symptomau GIG Cymru.

“Gall unrhyw un sydd Ã¢ symptomau Coronafeirws wneud cais am becyn profi gartref trwy fynd i www.gov.wales/coronavirus, neu trwy ffonio’r gwasanaeth ffÃ´n 119 cenedlaethol.

“Ni ddylai unrhyw un yr amheuir bod ganddo/ganddi coronafeirws fynd i bractis meddyg teulu, fferyllfa nac ysbyty. Dim ond os yw'n teimlo na all ymdopi Ã¢'i symptomau gartref, fod ei gyflwr yn gwaethygu, neu os nad yw ei symptomau’n gwella ar Ã´l saith niwrnod y dylai gysylltu Ã¢ NHS 111.

“Peidiwch Ã¢ ffonio 999 oni bai eich bod yn profi argyfwng sy’n peryglu bywyd. Peidiwch Ã¢ ffonio 999 dim ond oherwydd eich bod yn aros i 111 ateb eich galwad ffÃ´n. Rydym yn deall bod llinellau 111 yn brysur, ond bydd rhywun yn ateb eich galwad ar Ã´l i chi aros.

“Mae dangosfwrdd data hawdd ei ddefnyddio Iechyd Cyhoeddus Cymru yn casglu gwybodaeth o ystod o ffynonellau gwahanol. Mae cyfanswm nifer yr achosion positif bellach yn cynnwys y rhai yr adroddwyd amdanynt o labordai nad ydynt yn eiddo i GIG Cymru, sy’n ddarostyngedig i ddad-ddyblygu, mireinio a chysoni parhaus. Gallai hyn arwain at amrywiad yng nghyfanswm nifer yr achosion positif wrth i’r broses hon fynd rhagddi.”